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The George-Anne

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## The George-Anne

Student Media, Georgia Southern University

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# GA

THE GEORGE-ANNE

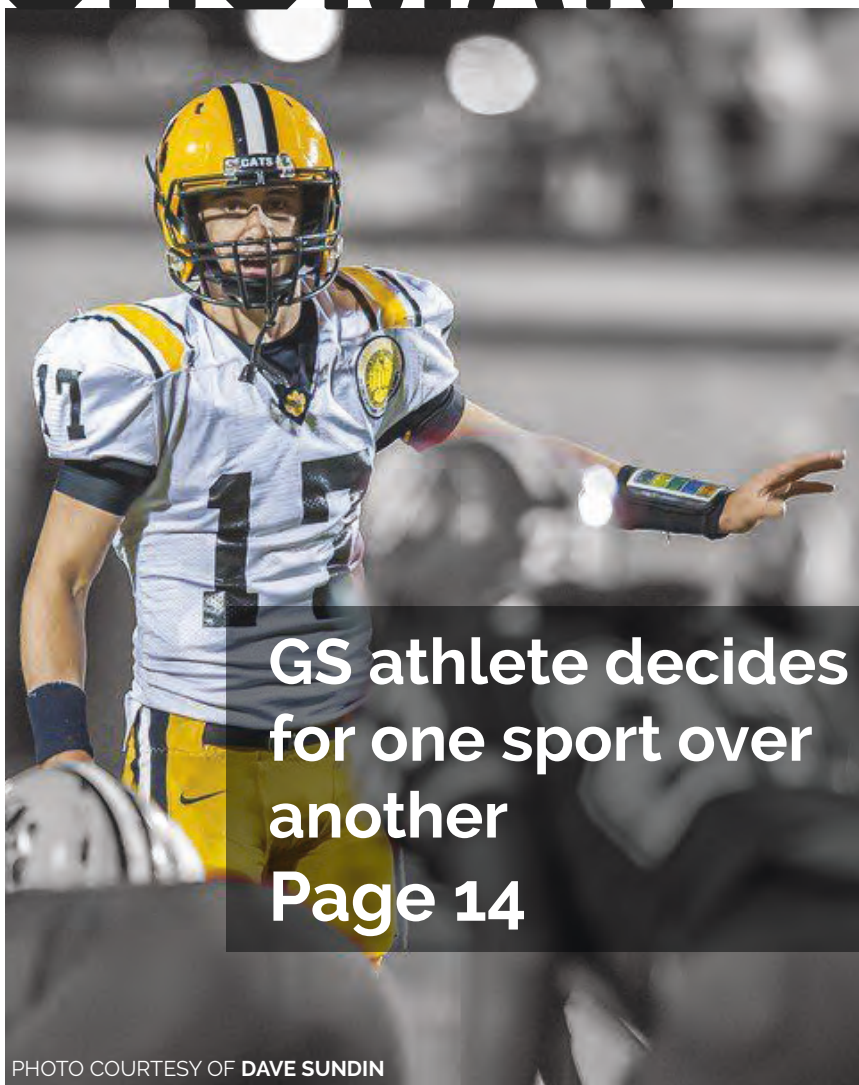


## DIVERSITY IN IT

Analyzing the gender gap  
in Information Technology

Page 5

## SETH SHUMAN







GS athlete decides  
for one sport over  
another  
Page 14

PHOTO COURTESY OF DAVE SUNDIN

## FLU STRIKES CAMPUS



Everything you  
need to know  
about flu shots  
Page 8

Thursday	High: 69° Low: 50°		10 percent chance of rain
Friday	High: 60° Low: 33°		20 percent chance of rain
Saturday	High: 56° Low: 43°		0 percent chance of rain
Sunday	High: 66° Low: 45°		90 percent chance of rain

## Weather Bar

One month down! It won't be too cold this weekend. It's the perfect time to get ahead on some school work! Study hard Eagles!



## Statesboro's Coffee Shops

Statesboro has many coffee shops to offer, and each one has their own unique touch. They all are perfect for making your tastebuds happy all while getting your caffeine fix.

### Three Tree Coffee Roasters

441 S Main St #1a, Statesboro, GA 30458

With two stories, amazing coffee, super nice employees and an environment perfect for relaxation, The Tree Coffee Roasters is a must. One employee, Andrew Ballard, can even draw your face in a latte!

### Cake Bakery and Cool Beanz Espresso Bar

Signature Drink: The Eagle Eye  
58 E Main St, Statesboro, GA 30458

Get your coffee and cupcake fix in one place! It has a cute environment and the workers are very friendly. They take their time making your coffee which ensures that they're making it the best they possibly can. You could even grab a cup of coffee to-go and shop around the boutiques and shops that downtown Statesboro has to offer.

### Colonial House of Flowers and Coffee Shop

100 Brampton Ave #1i, Statesboro, GA 30458

This is a flower shop, gift shop and coffee shop all in one! There are not a lot of options, but they do have interesting flavors that you can't find just anywhere:

**Hot:** French Press, Latte and Hot Chocolate

**Cold:** Cold Brew, Iced Latte

**Additional Flavors:** Vanilla, Hazelnut, Gingerbread, Peppermint and Brown Sugar Cinnamon

While the environment seems a little cramped, their coffee is fantastic.

PHOTO COURTESY OF Andrew Ballard at Three Tree Coffee Roasters

### Daily Grind

Signature Drink: Mocha Royal  
124 Savannah Ave, Statesboro, GA 30458

Daily Grind is the perfect atmosphere for a study session or coffee date. With coffee options you can't find anywhere else and their cozy environment, you'll never want to leave. Their prices are perfect for a broke college student craving a caffeine fix, and they have lunch options as well as many different cakes and pastries. My only complaint was that my bagel was slightly burnt and an employee stuck the halves together and hurried away before I could notice.

### Ellianos

Signature Drink(s): Caffee Dolce, Venetian Vanilla Creme, Tuscany Toffee, Silican Smoothie, Creamy Cookie Freezer and Milan Mint Mocha  
598 Brannen St, Statesboro, GA 30458

Think Starbucks but better. They have drink options you can't find anywhere else as well as a variety of signature creations (mentioned above). If you aren't sure what you should order, the workers are more than happy to help. While this is a drive-thru coffee shop, they have an outdoor patio where you can sit and enjoy your coffee while listening to music. It's such a fun environment to unwind.

I personally went to every coffee shop mentioned. They all offered something that you couldn't find just at any popular coffee-chain and I will definitely be returning.



# CLUBSpotlight



What we do: We are Southern Divas! a dance team composed of multiple dance genres and skills. We pride ourselves on promoting diversity in the form of dance as well as in our community.

What that means to you: Southern Divas provides a service to ourselves and others through the art of dance. Self expression and service to others through community service.

Interested? Follow us on social media!  
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## Follow Us!



Photographers of GS Student Media  
@SeenAtSouthern

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Happy Eagles! 🗣️🏡  
📷: @davido\_pics



1:12 PM - 22 Jan 2018 from Pooler, GA

@GeorgiaSouthernStudentMedia  
@thegeorgeanne  
@thecirclegsu  
@reflectorgsu



@TheGeorgeAnne  
@SeenAtSouthern  
@TheCircleGSU  
@ReflectorGSU



@gsustudentmedia  
@thecirclegsu  
@reflectorgsu



@thegeorgeanne  
@SeenAtSouthern  
@thecirclegsu  
@ReflectorGSU



### Correction

“Foreign Languages Department Chair subject to University System of Georgia investigation” published on Jan. 25 it was incorrectly stated the person identified with the pseudonym of “Jocelyn” reported seeing inappropriate behavior by Eric Kartchner in China. “Jocelyn” said she reported it to the Triage Committee after being told about the incident by someone else and she was not on the trip to China. In addition, the print version of the article did not include the fact that both Kartchner and Curtis Ricker were contacted for comment on multiple occasions with no response.

The George-Anne regrets this mistake.



<b>AMERICAN</b> Bites 1212 Brampton Ave	<b>DELI</b> Panera Bread 810 Buckhead Dr	<b>PIZZA</b> Little Italy 450 S Main St
Cracker Barrel 216 Henry Blvd	McAlister's Deli 1100 Brampton Ave	Mellow Mushroom 1098 Bermuda Run
Dingus Magee's 3 Georgia Ave	<b>FAST FOOD</b> Jimmy John's 100 Brampton Ave	Primos 609-9 Brannen St
Fordhams Farmhouse 23657 U.S. 80	Krystal 781 Brannen St	Stoner's Pizza Joint 10706 GA-67
McDonald's 810 Archway Dr	Steak n Shake 244 Henry Blvd	Your Pie 701 Piedmont Loop
Subway 1550 Chandler Rd	Wendy's 500 Fair Rd	<b>SEAFOOD</b> The Boiling Shrimp 12218 US-301
Wild Wing Cafe 52 Aspen Heights Dr	<b>GRILL &amp; PUB</b> Locos Grill & Pub 91 Briarwood Ln	<b>SOUL FOOD</b> Sisters of the New South 721 S Main St
<b>BARBEQUE</b> Bourbon Grill & More 718 Northside Dr E #10	<b>ITALIAN</b> Olive Garden 201 Henry Blvd	<b>SUB SHOPS</b> Jersey Mikes 721 S Main St
Vandy's BBQ 725 Northside Dr. East Suite	<b>JAPANESE</b> Tokyo 100 Brampton Ave	<b>SWEETS &amp; TREATS</b> Bruster's 995 Lovett Rd
<b>CHINESE</b> Chinese Kitchen 456 S Main St	<b>MEXICAN</b> Barberitos 1100 Brampton Ave	Daylight Donuts 455 S Main St
Panda Express 101 Brampton Ave	El Jalapeno 711 S Main St	<b>PITA</b> Son's Donor Kebab 17 College Plz
<b>COFFEE</b> Cool Beanz 58 East Main St	El Riconcito 2 College Plaza	Pita Pit 609 Brannen St
Ellianos 598 Brannen St	Moe's 608 Brannen St	
Three Tree Coffee 441 South Main St		

If you want to add your free listing,  
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## YOUR VIEW

### FACING THE HIRING PROCESS

#### ISSAC TAYLOR

Issac is a senior journalism major from Albany, Ga.

Over the past several months I have completed over 50 job applications and sent out well over 100 emails to potential employers to absolutely no avail.

When doing so, I did not limit my search to any one state, region or time zone. I made sure that my resume accurately conveyed that I have worked for a book publishing company, a magazine and two journalistic news organizations. Even so, months have passed and I have nothing to show for all of my effort. I have not received a single call or email from any of the employers that I contacted.

The broken hiring system is ridiculously inefficient and biased. The process is more of a good old boy system as opposed to a being a crucible of knowledge, skill and character.

The good old boy system being a, hire the people you know even if they are subpar, system.

"If you've sent out forty or fifty resumes or responded to dozens of job ads and you're not getting interviews, something is wrong," Liz Ryan, a Forbes contributor wrote. "We all know that the corporate and institutional recruiting process is broken, but there is way to crawl through the wreckage of the broken recruiting system to get a good job despite the sad state of what's often called the Talent Acquisition apparatus."

While I agree with Ryan that the system is broken, I disagree with how she thinks it can be sidestepped.

The way to "crawl through the wreckage", in Ryan's opinion, is to directly contact employers instead of posting resumes on job listing sites.

This method is all but impossible. How do I know? I have tried it several times. I have combed through About Us and Contact Us pages for more hours than I care to count. The phone numbers and email addresses of the employees is almost never listed.

This is not the only thing out of whack. The hiring system is broken in more ways than one.

Because of the "institutional recruiting process" there is a high chance that someone's resume will never even be seen. If a recruiter does so happen to see it, it will not be read, just skimmed.

Matthew Kosinski wrote in a 2015 Recruiter article that a recruiter spends no more than six seconds looking at a resume and an inaccurate applicant tracking system disqualifies 75 percent of applicants.

On several occasions, I have spent all night in the library tailoring my resume and cover letter to specific jobs in the hopes that potential employers would see my level of education and experience and email me to set up an interview time.

Of course they have yet to do so.

With broken systems such as applicant tracking in place, it should have come as no

surprise to me that none of my applications have been successful.

Judging by those odds, I would have to send out hundreds of applications before even one employer got back to me.

I strongly believe that the only real way to bypass the pile of resumes that will never be read is to be in the know.

I have heard countless times "it's not what you know, but who you know". Amy Rowell, senior career development specialist at Career Services for Georgia Southern University said that 75 to 80 percent of jobs are found through who you know.

Believing that having an extensive knowledge of the given subject matter was all that was needed to secure a job was very naive of me.

Yes, actually knowing what you are doing has no substitute, but networking is imperative as well.

Adam Martin, assistant director for career development at GS, believes that companies are more concerned about their bottom line than hiring someone they know. Hopefully that is true, but my experience thus far has led me to believe otherwise.

It is more than frustrating to know that someone else may pale in comparison to my skills and knowledge, but get hired over me because they are church members with the hiring manager's brother.

No, this particular incident has not happened, that I know of, but sadly it is very likely that it could.

#### STATEMENT OF OPERATIONS

The George-Anne is the official student newspaper of Georgia Southern University, operated by GSU students using facilities provided by the university. The newspaper is the oldest continuously published newspaper in Bulloch County.

The newspaper is published twice weekly, on Tuesdays and Thursdays, during most of the academic year. Any questions regarding content should be directed to the student editor by phone at 912.478.5246 or at gaeditor@georgiasouthern.edu.

**ADVERTISING:** The newspaper accepts advertising. Inquiries may be made by calling 912.478.5418 or 912.478.0566. For questions e-mail ads1@georgiasouthern.edu.

The George-Anne receives additional support, in part, from the Student Activities Budget Committee. For more information, rate cards, or sample publications, contact the advertising manager or student media director. The advertiser is responsible for any errors in advertisements and its liability for adjustments is limited to the amount of space the error occupied in the ad. Further, the newspaper is not responsible for any damages caused due to an ad's omission from a particular edition and its responsibility solely is to reschedule the ad in the next regular edition at the regular advertising rates.

**STUDENTS BEWARE:** The George-Anne screens all advertisements prior to publication. The newspaper strives to accept ads for legitimate products and services only. Students are urged to exercise caution when replying to ads-- particularly those that require personal information. Students are also urged to report to the newspaper any suspicious offers which they might see in an ad.

**PUBLICATION INFORMATION:** The newspaper is printed by The Statesboro Herald in Statesboro, Ga.

**NOTICE:** Unauthorized removal of multiple copies from a distribution site constitutes theft under Georgia law, a misdemeanor offense punishable by a fine and/or jail time.

**CORRECTIONS:** Contact the editor at gaeditor@georgiasouthern.edu for corrections and errors.

#### STAFF LIST

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*The George-Anne welcomes letters to the editor and appropriate guest columns. All copy submitted should be 350 words or fewer, typed, and sent via email in Microsoft Word (.doc/.docx) format to letters@georgiasouthern.edu. All submissions must be signed and include phone number for verification. GSU students should include their academic major, year and hometown. The editors reserve the right to reject any submission and edit submissions for length. Opinions expressed herein are those of the Board of Opinions, or columnists themselves and DO NOT necessarily reflect those of the faculty, staff, or administration of GSU, the Student Media Advisory, Student Media or the University System of Georgia.*

# Addressing women in I.T. at GS

BY GEORGE ANDERSON  
The George-Anne staff

Less than 20 percent of women in the United States are leaving college with a degree in the computer science and information technology fields, according to the National Center for Women and Information Technology. At Georgia Southern University, professors and students in the field said women make up less than 10 percent of computer science and information technology majors. While the specific number of women in the computer sciences and IT field at GS has not been released by the Strategic Research and Analysis department, Lixin Li, GS' only female computer science teacher, says that the men far outnumber women in classes.

"From my teaching experience, if we have a full-size class, such as 35 students, for sure it's under five female students," Li said. "A lot of times it's just one or two." Alexander Fields, senior computer science major, said he thinks that Li's numbers are being generous. "I would say zero to three," Fields said, "Three being the max I've ever seen."

**Why the drastic gender gap?**

Li believes part of the reason for this could be due to girls in high school being intimidated by the idea of a field that involves so much

computing, but Hannah Bryan, senior information technology major, says that is not the case for her. "I feel I can be up to the par with anybody else," Bryan said. "I'm not intimidated at all. I love it. I actually feel very accepted." Bryan originally came to follow in her mother's footsteps and get a degree in nursing at GS, but after attending a speech on IT, she decided it was the career for her.

Bryan, however, is still in the heavy minority. According to computerscience.com, IT has a projected growth of 15 to 20 percent in the next ten years, but even with those numbers "the vast majority of computer science jobs will be pursued and filled by men". According to an Infographic released by the National Center for Women in Technology, some of the reasons for women opting out of the computer sciences field include classes that rely on lectures instead of hands-on activities, no group collaboration and few female teachers. Li says this may be a misconception. "Maybe there is some type of misconcept [sic]," Li said. "If you are in the computing field that you are just working behind a computer. But I think that is a misconception. I know that girls are maybe more interested in communication skills... soft skills." Priscilla Perez, junior with a minor

in IT says that she believes most women decide to pursue careers outside of IT and computer science because it is math intensive, even though that's exactly why she likes it. "Maybe it's because [women] don't enjoy engineering and technology," she said, "I like math and that's what got me into it."

## What universities are doing

While most colleges and universities across the nation have a very low rate of women computer science majors, a few universities are introducing new ways of teaching that could potentially change that, with Carnegie Mellon raising the statistic from seven to forty percent according to NPR. GS, however, may be taking a step in the right direction with a recent interest in a chapter for Women in Technology at Georgia Southern. Their most recent meeting was held on Monday, Jan. 29 in the I.T. Building. The goal of the organization is to promote, embrace and support women in technology and business related fields. It is still unclear whether or not women will ever share the IT space equally with men, though Bryan has hope.

Bryan said, "I think with the way technology is going, I think it's getting better. I think that girls are learning that technology is a viable career path that's actually fun."

I feel I can be up to the par with anybody else, I'm not intimidated at all, I love it. I actually feel very accepted."

HANNAH BRYAN  
Senior information technology major





# EL JALAPEÑO TO REOPEN FIRST FULL WEEK OF FEBRUARY

THURSDAY FEBRUARY 8

## DIGITAL DETOX

9:20 PM - 11:00 PM | BISHOP FIELDHOUSE

### ACTIVITIES

WHAT DO YOU MEME? | CARDS AGAINST HUMANITY | MEXICAN TRAIN | DOMINOES | DANCE CONTEST | FOOD AND DRINK | PLAYDOH SCULPTING CONTEST | CANVAS PAINTING | PHOTO BOOTH

**DJ**



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BY MATTHEW ENFINGER  
The George-Anne staff

Statesboro Mexican restaurant, El Jalapeño, will reopen its doors for business in the first full week of February.

General Manager Luis Gomez said that this weekend he plans to train his staff and intends to reopen on Monday.

“We are going to keep on doing the same thing we’ve done before,” Gomez said.

Gomez said El Jalapeño’s reopening will only consist of the restaurant’s food and not alcohol since the business’ alcohol license has not been renewed.

Gomez plans to have a grand re-opening and fundraising night for Safe Haven when the business renews it alcohol license.

### Update on civil case

The Statesboro resturant closed on Nov. 20, 2017 due to operational problems according to courthouse documents.

Former co-owners Rolando Ramirez and Oscar Canales filed a civil suit against Gomez on June 21, 2017.

The latest documentation of the civil suit, dated Dec. 4 2017, does not reveal the conclusion of the court case.

Gomez did not wish to comment on the conclusion of the law suit or any ongoing litigation.

Gomez said, “We’re going forward and coming back strong.”

# HAWTHORNE



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📷 DYLAN CHAPMAN



# GS early child education graduate finds way to help her peers

BY TARA BAILEY

The George-Anne contributor

A recent Georgia Southern University graduate has created a program to give recently graduated education majors a starter kit of classroom supplies.

After graduation, education majors not only have to look for a job, but they will also have to finance most of their classroom supplies as well.

This was an issue that Brandi Jackson, a recent GS early childhood education graduate, noticed while working at Bulloch County schools to finish her field requirements for her major.

Jackson, who is now pursuing a master's degree in early childhood education with a concentration in reading and teaching in the Fulton County School district, started this campaign idea of making classroom starter kits for early childhood education graduates

in the Spring of 2017.

"It is kinda hard getting those supplies when you are just trying to find a job and get a classroom," Jackson said. "Most schools will give you some starter supplies, but you still...there's other things that you personally need, and so, basically, the gift baskets was to kinda help assist my peers in getting those basic necessities that they probably couldn't get right off the bat without their first paycheck and things like that."

Last semester when 33 early childhood graduates received a classroom pin, they each also received a classroom starter kit to help them get started. Each of these classroom starter kits included things like, glue sticks, hand sanitizers, markers, and crayons.

Jackson knew that she wanted to make the transition

“

This campaign gives our alumni an opportunity to give back to the College of Education”

JOHN RAMFJORD

Director of annual giving

easier for her peers, so she first went to social media to ask people to help raise money towards the cause. She also went to John Ramfjord, the director of annual giving, to start this campaign.

"After seeing Brandi Jackson's passion for the project, I wanted to assist her with it moving forward," Ramfjord said. "This campaign gives our alumni an opportunity to give back to the College of Education and allows them to directly impact the next generation of educators."

Although many schools do contribute towards classroom supplies, many teachers still have to spend money out of their own pockets just to make sure they have everything that they will need.

A study done by the National Center for Education Statistics

in the 2006-2007 school year found approximately how much a teacher will spend out of their own pocket to purchase classroom supplies. For the state of Georgia, the amount was a total of \$410. This money is spent without reimbursement.

Although classroom kits were only given to early childhood education graduates last semester, both Jackson and Ramfjord hope to expand this campaign to all education majors.

The Spring 2018 campaign will launch this March, and they are both asking that if people wish to donate money towards the cause, to do so on their website.

For more information about the campaign or about how to get involved, please contact Brandi Jackson at coeclassroomdonations@gmail.com or John Ramfjord.

# CEIT RENAMED AND ADDS NEW DEGREE

BY BRENDAN WARD

The George-Anne staff

The Georgia Southern University College of Engineering and Information Technology has been renamed to the College of Engineering and Computing due to GS' consolidation with Armstrong State University.

Along with the name change, the college has added a new information technology program.

GS students can now earn a bachelor of science in information technology starting this semester.

The degree is offered on both the Armstrong and GS campuses, but each campus offers specific tracks.

A general IT track and a cyber security track are offered on the Armstrong campus, while data science and IT management are offered on the GS campus.

Though there is interest in

bringing all the programs to the GS campus, Russell Thackston, assistant professor at GS, said.

These are not new degrees, however, the general It and cyber security track were previously offered at Armstrong

State University and have been added to GS' curriculum, Thackston said.

For a full breakdown of the degrees requirement, visit the BSIT page.



COLLEGE OF LIBERAL ARTS  
AND SOCIAL SCIENCES

Ahead in CLASS

All events listed are on Georgia Southern University's Statesboro Campus and are open to the public with free admission except where otherwise indicated. For more information, please visit GeorgiaSouthern.edu/cah.



## Art Exhibits

**Dialogic: An Art Exchange with Aalto University**

University Gallery | Center for Art & Theatre | Now-2/1

**Georgia Artists Collection 50th Anniversary Exhibition**

Georgia Artists Gallery | Center for Art & Theatre | Now-3/9

**Inspired Georgia: Traveling Photo Exhibit**

Contemporary Gallery | Center for Art & Theatre | 1/9-2/1

**Courtney Ryan: Irrational Aggregates**

Contemporary Gallery | Center for Art & Theatre | 2/12-19  
Reception: Friday, Feb. 16 at 5 p.m.

**Dontay Farley: Millions Like Me**

University Gallery | Center for Art & Theatre | 2/12-19  
Reception: Friday, Feb. 16 at 5 p.m.

## In Search of Communication

Incorporating Arabic texts that are communicative without forcing the viewers to one specific idea, Usman Oladeinde paints these shapes that represent memory and centerdness to connect with history, family, and spirituality.

University Gallery | Center for Art & Theatre | 2/23-3/2  
Reception: Friday, March 2 at 5 p.m.

## Why Religion Is Natural and Science Is Not

Emory University Professor Bob McCauley presents a public talk on his latest book by the same name.  
IT Building, room 1004 | 2/8 | 5 p.m.

## Chuck Nation Band

Georgia Artist of the Year Nominee, the Chuck Nation Band, will perform in concert.  
First Presbyterian Church | 2/10 | 7:30 p.m.

## The Vagina Monologues

All proceeds benefit the Statesboro Regional Sexual Assault Center. Prices are \$10 presale on campus and \$12 at the door.  
Russell Union Ballroom | 2/15 | 7 p.m.

## House of Yes

By Wendy MacLeod Directed by Katie Rasor  
When Marty returns home for Thanksgiving during a hurricane, the storm is the least of the family's problems. Tickets available at cah.georgiasouthern.edu/cat.  
Black Box Theatre | 2/21-2/28

## Root Signals Festival

The Root Signals Electronic Music Festival brings large video screens, computers, brightly colored controllers, tangles of cables, and pulsing electronic music. Featuring 16 composers and media artists from throughout the United States.  
Carter Recital Hall | 2/22-2/24



# GEORGIA CONTINUES TO BATTLE THE FLU

## HEALTH SERVICES ENCOURAGES FLU VACCINE

BY MATTHEW ENFINGER  
The George-Anne staff

The state of Georgia and the entire nation continues to battle the influenza virus.

The illness continues to be widespread in the state of Georgia while claiming the lives of 25 Georgians this flu season, according to the Center of Disease Control.

Medical Director Dr. Brian Deloach said that Health Services on the Statesboro campus diagnosed 65 cases of influenza and influenza-like illness in the week ending on Jan. 12.

“Our peak week for flu last year was the last week in January, when we diagnosed 54 cases in the Statesboro campus clinic,” Deloach said in an email. “So we are up some in total cases in our clinic, and we are seeing that increase two weeks sooner than last year.”

Deloach said Statesboro typically peaks in late January to mid February and encourages everyone to get their flu shot.

However, according to a Twitter poll by The George-Anne, 65 percent of students will not get a flu shot while 28 percent have received a flu shot and only percent are planning on getting a flu shot.

The following statements by the CDC and Deloach are answers to possible reasons why one would consider not getting a flu shot.

### Every time I get a flu shot I get the flu.

According to the CDC getting the flu shot cannot cause flu illness.

Flu vaccines given with a needle are currently made in two ways:

“FLU CAN BE A SERIOUS DISEASE, PARTICULARLY AMONG YOUNG CHILDREN, OLDER ADULTS, AND PEOPLE WITH CERTAIN CHRONIC HEALTH CONDITIONS”  
CDC WEBSITE

1. With flu vaccine viruses that have been ‘inactivated’ and are therefore not infectious
2. With no flu vaccine viruses at all (which is the case for recombinant influenza vaccine).

According to the CDC, there are four main reasons why someone that receives a seasonal flu vaccine may still get sick with flu symptoms:

1. The flu vaccine only protects against influenza, not other illnesses. Other respiratory viruses besides flu such as rhinoviruses, which are associated with the common cold, cause symptoms similar to flu and also spread and cause illness during the flu season.
2. Exposure to influenza viruses shortly before getting vaccinated or during the two-week period after vaccination that it takes the body to develop immune protection.
3. Those vaccinated may have been exposed to a flu virus that is different from the virus the vaccine is designed to protect against.
4. Flu vaccines can vary in how well they work. Some people may still get sick. Deloach said that data from this year suggests that the flu vaccine is only 30 percent effective.

### Why get the vaccine if it’s only 30 percent effective?

Deloach said that although data from this year suggests that the vaccine is only 30 percent effective, the CDC is still advising health care providers to continue to recommend the vaccine to those who have yet been vaccinated.

“I tell patients that even if the vaccine is only 30 percent effective, that is still better than zero percent,” Deloach said.

### It’s too late to get a flu shot.

According to the CDC, its not too late to get the flu shot as long as flu viruses are still circulating.

“It can still be protective to get vaccinated in December or later,” the CDC’s website said. “Flu is unpredictable and seasons can vary. Seasonal flu disease usually peaks between December and March most years, but disease can occur as late as May.”

### I got one last year. I don’t need one this year.

The CDC recommends everyone six months and older to get a yearly flu vaccine.

Flu viruses are constantly changing. Each year flu vaccines are updated to protect against the most common circulating viruses.

The protection the vaccine provides

against the flu can decreases over time, so it is important to get a flu vaccine every year, according to the CDC. Flu vaccines from previous years may not protect you from getting the flu this year.

### I don’t want to get the flu shot.

The CDC and Dr. Deloach reminds us that getting vaccinated for the flu isn’t just about us but about our community as well.

“Flu can be a serious disease, particularly among young children, older adults and people with certain chronic health conditions, such as asthma, heart disease or diabetes,” the CDC’s website reads.

According to the CDC, all 25 Georgians killed by influenza this flu season were older than 51 years.

“Vaccination potentially protects not only the person vaccinated, but also others in their community through the

concept of Herd Immunity,” Deloach said in an email.

According to the CDC, herd immunity is defined as a population that is immune to an infectious disease, through vaccination and/or prior illness, to make its spread from person to person unlikely.


### Doctor’s final advice

“I have had the flu twice since I graduated from high-school: once in college and once in medical school,” Deloach said. “Both times it was miserable. I would take a flu shot every day of my life if it would even slightly reduce my risk of getting that again. Thankfully, I only have to take the shot once a year.”

Health Services still has vaccines available. Students, faculty and staff can walk-in to the Statesboro campus Health Center Pharmacy and get vaccinated Monday-Friday from 9 a.m. to 11 a.m. and 1 p.m. to 4 p.m.


# SURVIVING THE FLU SEASON

TAKE THESE IMPORTANT STEPS TO MINIMIZE FLU TRANSMISSION AND TO PROTECT YOURSELF AND OTHERS




## GET VACCINATED

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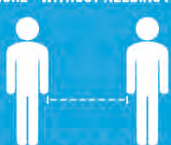
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COUGH OR SNEEZE INTO YOUR ELBOW OR INTO A DISPOSABLE TISSUE, AND WASH YOUR HANDS AFTER



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IF YOU ARE SICK, AVOID BEING AROUND OTHERS (STAY HOME) UNTIL YOU HAVE GONE 24 HRS WITHOUT A FEVER OF 100°F OR MORE - WITHOUT NEEDING FEVER REDUCER



## STAY AWAY FROM SICK PEOPLE

LET THEM GET OVER THEIR SICKNESS TO KEEP YOURSELF HEALTHY

INFORMATION FROM DR. BRIAN DELOACH, MEDICAL DIRECTOR OF GS HEALTH SERVICES

## COMMON SYMPTOMS

- SHORTNESS OF BREATH OR BREATHING PROBLEMS
- CHEST PAIN OR PRESSURE OR PAIN IN THE STOMACH
- SEVERE OR SUDDEN DIZZINESS OR FAINTING
- NOT THINKING NORMALLY, CONFUSION, OR CHANGE
- PERSISTENT VOMITING
- SEVERE THROAT/MOUTH PAIN OR SEVERE DIFFICULTY SWALLOWING LIQUIDS
- RASH
- FEVER LASTING MORE THAN 3 DAYS
- SYMPTOMS SEEM TO IMPROVE BUT THEN A COUGH WORSENS

Dr. Brian Deloach provided following flu season survival information. Graphic designed by Rebecca Hooper.

Page designed by Xavier Hodges

To contact the news editor, email ganewsed@georgiasouthern.edu



## The "SMART" way to achieve your fitness goals

BY CECILIA ROBINSON

The George-Anne staff

"I'm going to lose 100 pounds this year!"

"I'm going to go to the gym every day for two hours!"

"I'm going on a no-carb, no-sweets diet for six months!"

You've heard them. We've all heard them.

Whether it's your best friend asking you to go on a diet, or that little voice in your head that's been nagging you ever since you tried on those pants from high school, New Year's fitness resolutions seem to make a reappearance in American culture every year.

Every year on Dec. 31, people all over America create these resolutions, but according to an article by the Huffington Post, only eight percent of people who make New Year's resolutions actually keep them.

only **8** percent  
of  
people  
who  
make New Year's  
resolutions  
actually keep  
them.

Source: The Huffington Post

George Doran, former director of Corporate Planning for Washington Water Power Company, created a strategy that will help you maintain your New Year's resolution.

Doran established the acronym "S.M.A.R.T Goals" in a paper titled "There's a S.M.A.R.T Way to Write Management's Goals and Objectives." In this short piece, Doran explains how to create and achieve goals that are "Specific," "Measurable," "Achievable," "Relevant" and "Time-Related" (S.M.A.R.T)

Below are brief step-by-step explanations of Doran's S.M.A.R.T strategy. Try applying them when creating your New Year's resolution. You might find yourself using it in all other areas of your life as well.

### (S)pecific

Specify the area you would like to improve. Instead of saying "I'm going on a diet," you could tell yourself that you're

going to eat "x" amount of carbs in a day or week or eat "x" amount more fruits and vegetables with every meal.

"Nutrition is very, very individualized," Kris Thompson, fitness graduate student, said.

Kris suggested making a meal plan that caters to your specific body type. NerdFitness.com explains the three different types of bodies and way you can stay fit due to your particular type.

### (M)easurable

Making your fitness New Year's resolution something you can measure can help you see the progress through the process. As a college student, I know it can be difficult to keep an exact measurement of everything you eat and do in one day let alone over a long period of time.

One good tip that I have come across is meal preparation. "Meal prepping," as it is commonly referred to, not only saves you time because your meals are ready-to-go, but it also helps you keep track of what you eat.

### (A)chievable

Saying you are going to the gym every day for two hours when in the past three years you've gone maybe twice is a resolution that could lead you straight to the hospital. Making checkpoints throughout your process could help turn your dream into a reality. Remember you must learn to walk

before you can run.

"Many people get discouraged when they don't see results right away," Thompson says.

Creating checkpoints along the way can help with this obstacle because they allow you to see your progress while providing you with encouragement on the journey to your big goal. Having incentives to go along with your checkpoints will make tackling that those checkpoints even more rewarding.

### (R)elevant

Set a goal relevant to your health history, ability, budget, body type, interest and schedule. Give yourself time to develop. Kathleen Agbozine, junior exercise science major, gave the advice to not compare yourself to others. Set a routine that best fits you. Give yourself time to adjust to a few health changes of that routine and build from there. Our RAC is a great resource to find personal trainers and fitness advisors to help you create a perfectly individualized routine.

### (T)ime-related

Whether you put a notification on your phone or write it down on a calendar, pick a date and stick to it. If you are focusing on losing weight this year, break it up into weeks. Have your desired amount of weight loss ready. Pick a day and weigh yourself on that day to check your progress.

# College Night

## February 10, 5-8pm

# FREE!

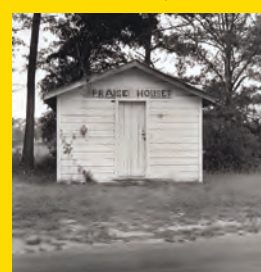
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Explore the Jepson Center after-hours! View new exhibitions, create your own art, win prizes, and mingle with your friends!

\*Free with valid college ID.





# New student organization aims to educate and bring awareness to disabilities

BY TANDRA SMITH  
The George-Anne staff

The Disability Education for Awareness and Leadership (DEAL) organization, a relatively new student organization on Georgia Southern University's campus, has two main goals: education and awareness.

"We all know there's a lot of physical disabilities, like those who are in wheelchairs, but there are also disabilities that affect us mentally and cognitively and everything else like that. This club is to help raise awareness for those particular disabilities and help others become advocates someday," Michael Tiller, president of the DEAL organization, said.

Tiller is a transfer student from the University of North Georgia, Gainesville campus. There was a DEAL organization at his former school, and when he found out that there wasn't one at GS, he sought out to start create one.

"There's got to be something that can help others because if not everybody is up on [sic] the disabilities then there's going to be no awareness. That's what prompted me to get something like [DEAL] started here," Tiller said.

DEAL organization meetings



The Student Disability Resource Center (SDRC) is an office on campus dedicated to helping individuals with disabilities here at GS. Tiller said that the SDRC has been a huge help in establishing DEAL.

include discussions about various disabilities that affect them personally. They've already discussed autism, Asperger's syndrome, Obsessive Compulsion Disorder (OCD) and Post Traumatic Stress Disorder (PTSD).

The long term goals for DEAL include having more meetings, better scheduling and more members. Tiller believes that DEAL is a different organization than one might think

because they focus on the disability and the individual rather than the club's own awarenesses and what they'd like to do.

The meeting dates and times for the DEAL organization are currently not set, due to Tiller's new schedule this semester. However, Tiller still wants DEAL to be an organization in which all people feel welcome.

Tiller said, "Disabilities, even though they affect us, that doesn't make us not a human being. We're just different from one another. We're wired differently. We can look different, but that shouldn't change who we are as a person."

## Interested in starting a new student organization?

**NEW ORG CHARTERING WORKSHOP**

\* Please note that the president and one other chartering member must attend workshop.

**Friday, February 2nd | 3:30 pm | RU 2042**

For more information, please visit our website at [students.georgiasouthern.edu/student-activities/](http://students.georgiasouthern.edu/student-activities/)



OFFICE OF STUDENT ACTIVITIES



**BLACKBERRY MOMENTS:**

How your values and role influence your decisions

**Wednesday, February 7th | 5:30 pm | RU 2084**

Student Organization Leadership Development

**SOLD Workshop Series**

with Alex Pettola

For more information, please contact the Office of Student Activities at [osa@georgiasouthern.edu](mailto:osa@georgiasouthern.edu)



“DISABILITIES, EVEN THOUGH THEY AFFECT US, THAT DOESN'T MAKE US NOT A HUMAN BEING.”

**MICHAEL TILLER**  
President of the DEAL organization







# FRANKS, O'CONNELL CLEAN SWEEP THE MAVERICKS

Both basketball teams were able to defend Hanner on Saturday

BY KAITLIN SELLS & ANDREW WEIMER  
The George-Anne staff

## The Streak Is Seized

Saturday afternoon's women's Sun Belt conference game between Georgia Southern and UT-Arlington was one to remember.

The Eagles came into the game with a 3-16 record, including an 0-8 conference record and a 13-game losing streak. UTA had a respectable record of 11-9 to go with a 5-4 conference record.

The game started with UTA winning the jump ball, then shortly after that, scoring the first basket of the game. This would spark offensive dominance for the Mavericks, and by the time five minutes were played in the game, they forced a GS timeout, already had a 14-4

four more minutes of play and tough play from junior forward Rhein Beamon and Franks, the game was brought back to within 6 points.

When the buzzer sounded for halftime, UTA led 40-32. The key to the UTA success was their full court press, but after GS went on a 7-0 run toward the end of the half, the Eagles pretty much figured out what to expect from the press.

## 2nd Half

Georgia Southern struck first to begin the half, and from then on out, struck often. After an Alexis Brown three just three minutes into the quarter, the Eagles had already fought back to a

one-point deficit to be down 42-41.

30 seconds later, senior guard Trellanie English-Lurry nailed a dagger to give GS their first lead of the game, leading 44-43.

For the rest of the quarter, both offenses battled back and forth, and at the end of the third quarter, UTA led 54-51.

The fourth quarter did not start off conventionally at all. In the first three minutes of play, the refs called a total of 8 fouls, 5 on GS, 3 on UTA. This led to an eruption of angry fans, calling out the refs for being trigger happy with their whistles.

The Eagles didn't let this barrage of fouls affect them, and senior guard, Alexis Faulks, hit a clutch jumper to bring the game to within 3.

Both offenses continued to fight, and at 3 minutes left, Alexis Brown hit a deep 3 to tie the game at 60.

The two teams did not score much over the next two minutes until sophomore forward, Hailey Dias Allen hit a three to take the lead 65-62 with a minute left in regulation.

UTA responded with a two point field goal, and a few seconds later, Alexis Foulks drove to the basket for an easy layup to take another three point lead.

The Mavericks' next possession was successful, but it was too late. GS gained possession after the UTA basket, and would hit four more free throws before the game was over, giving the Eagles a 73-68 win.

This win marked Georgia Southern's first conference win of the season, beating a team that was on a 3-game win streak and seemed to be on a roll.

A lot of players contributed at high levels for the Eagles in this game.

Five players put up double digit performances. Nakol Franks led the team in scoring with 16 points, followed by Hailey Dias Allen with 13, Trellanie English-Lurry with 11, and Alexis Foulks and Rhein Beamon each finishing with 10.

Alexis Foulks and Alexis Brown each grabbed 5 boards. Sophomore guard Amira Atwater, who could not be contained by the UTA defense, had a season high in assists with 13.

The Eagles' next matchup will be in Little Rock, Arkansas, against Sun Belt opponent, Little Rock on Thursday. The game will begin at 6 PM and can be listened to on Georgia Southern Sports Network.

## Brown and company bounce back against the Mavericks

The Georgia Southern men's basketball team got back on track with a defiant, 74-59 win over visiting UT-Arlington Saturday night.

The Eagles had a slow, low-scoring first half against UTA. What seemed to be a strong start quickly went downhill when UTA went on a 7-0 run which put the Eagles five points behind, and from there the gap only increased.

With both teams entering bonus from fouls fairly early in the game, most points in the first half accumulated from free throws for the Eagles.

With those free throws, in addition to key plays from the Eagles capitalizing on UTA's 13 turnovers, they closed the fairly large gap, but it wasn't enough to grab the lead.

The Eagles only trailed the Mavericks by two points as they entered the second half but had a low percentage of 35 percent shooting from the floor, while UTA held an impressive 54 percent.

The tight, low score of the first half showed to be a battle of the defenses, as shown by the accumulated 13 rebounds from the Eagles and 20 from the Mavericks.

## 2nd Half

Despite the deficit of the first half, GS came out strong, being the first to put points on the board to tie the game. From there the Eagles, along with the help of Hanner Fieldhouse, turned a tied score into a lead.

The home team was looking to win, and that showed when they came to play in the second half- they raised their field goal percentage to 44 percent, while the mavericks when down to shooting 43 percent from the floor.

The first half was a battle of the defenses, the second half proved to be a takeover from the Georgia Southern offense. Not even the 22 rebounds from the Mavericks in the second half would be able to stop the Eagles.

Impressive plays came from

Junior guard Tookie Brown had 23 points in Saturday's game. Brown is third in the Sun Belt in PPG with 19.1.

impressive players, four of which went into double digits in scoring.

Junior guard Tookie Brown led the Eagles with 23 points total, followed by redshirt freshman guard Quan Jackson's 12 points.

It was redshirt junior forward Shawn O'Connell who delivered a crowd raising final dunk with less than a minute of play to cap off his four rebound and six point night.

The Eagles will hit the road to face the Little Rock Trojans in Little Rock, Arkansas, Thursday, Feb. 1.

Sophomore guard Amira Atwater shoots a three pointer. She led the Eagles in assists Saturday afternoon with 13.



lead, and were on 9-0 scoring run.

Shortly after the timeout, sophomore guard Alexis Brown weaved in and out of the Maverick defense, making a smooth pass to freshman center Sarah Moore down low for an easy two points.

As the first quarter ended, it seemed as though UTA was starting to run away with it early, already up 25-13. This quarter was defensively dominant by the UTA defense, effectively running a full court

press that had the GS offense befuddled.

For the first three minutes of the first quarter, UTA continued to dominate. With three minutes gone in the second quarter, UTA had doubled the home team's score 30-15.

After sophomore guard Nakol Franks hit a three pointer a few seconds later, the Eagle offense started to click. After

The women's basketball team picked up their first Sun Belt victory while the men got back to their winning ways.



# OPINION: more than A STUDENT

BY KAITLIN SELLS  
The George-Anne staff

Student athletes always go the extra mile. On top of the duty to maintain good grades, they also have an added stress to make sure they're in top shape for whatever sport they are participating in, to please their coaches at practice and in games and the pressure to bring home the win for their school.

It's easy to overlook a student athlete, especially when they're disappointing their school. It's also easy to neglect how difficult they really have it, and how difficult it is for student athletes to juggle and balance all of their responsibilities.

Although not as intense as college, high school level sports are still serious for student athletes as many have their misconceptions.

High school sports are most of the clichés- a great way to make memories, a fantastic way to make friends, an amazing way for you to build your teamwork skills, but they are also what most people don't think: hard.

There is a recruitment process and whereas the tryouts aren't as cutthroat as collegiate sports, people still get cut from the team. Once the team is set training for the upcoming season starts immediately.

It depends on the sport how often they practice and for how long, but most are every day of the week for at least two to three hours.

Former high school baseball player freshman Michael Waters Jr. talks about his practice schedule saying, "I practiced six times a week, for about two hours each".

Along with the tone set by the

training hours and days, the competitiveness among the players- inside and outside the teams- is quite surprising.

Why a team would be competitive is obvious, everybody wants to win, but why would there be competitiveness between teammates?

Waters said, "Everyone was trying to take someone else's spot. We had to get better and better every day so that no one would take our starting positions".

Even though there is competition among everyone, there still an undeniable bond between teammates.

"We grew up together playing baseball. We would always eat after practice together and we were all best friends. We did everything together," Waters said.

Now, everyone knows college sports are no joke.

The recruitment process is grueling, there are hardly any tryouts and walk-ons due to the fact that most athletes come from that stressful recruitment process, and the intensity doesn't stop after that.

Collegiate athletes practice every day, multiple hours a day, more than once a day- even during their offseason.

Sophomore Gretchen Mossburg, diving athlete for Georgia Southern explains her schedule, "With my team being in season I as a diver practice 6 days a week".

"We have freedom on that as long as we get a healthy amount of food that's not awful for you," Mossburg said, "then starting in the first week of January my team has done this tradition

thing we call dry

season where from the beginning of January till after our conference meet in February no alcohol."

There is an obvious competitiveness on the team, they want to win, but it's more than just for themselves.

There is an additional pressure put on by their coaches, by their school, by their peers, and by their fans to bring home the win for their school, and if they don't they've disappointed a lot of people.

"As for pressure in winning for us is probably not the same heat that the football players at GS get from fans and coaches, but we do have some pressure from coaches, but they are supportive of us no matter what, win or lose," Gretchen said.

There is also a tight bond among these teammates, as they spend most of their time together, and they are almost inseparable.

"As a whole we are a really close team, there may be some people who aren't that close, but it's normal for that to happen when you have 33 girls on your team. But like I said we're like a family. We do our best to be there for each other," Mossburg said.

So next time you go to rag on a college athlete, yell at them for dropping that pass, or shun them for losing that game, remember



Michael Waters Jr. was a high school athlete.

what's going on inside their heads and their personal life.

that they're just a college student too.

They're just kids doing their best for their school.

They aren't professional athletes that are trained in how to handle backlash, and sometimes that backlash can have a very negative effect on those kids, like it did for Tyler Hilinski- the 21-year-old quarterback from Washington State that recently tragically took his own life.

Don't be too tough on them, you don't know what their coach has already said to them about their mistake, you don't know

They are just the same as any other college kid, but already have an enormous amount of weight on their shoulders; don't make it any worse or harder for them to bear it.

While they are both hard, there are huge differences between high school and college sports.

Student athletes bear a lot of pressure from themselves, their coaches, their team, their school, and their school's alumnus, and they all handle it with a smile and with pride for their school.



Gretchen Mossburg is part of the GS swimming and diving team.

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PHOTO COURTESY OF GS ATHLETICS

Shuman went 8-0 over 14 games and 9 starts.

BY ANDREW WEIMER

The George-Anne staff

When Seth Shuman, lights out right-handed pitcher for the Georgia Southern baseball team, was drafted, but did not sign, in the 39th round of the 2016 Major League Baseball Draft, neither he, nor Eagle Nation, knew the impact that he would have on not one, but two, Georgia Southern sports.

Football career

The first semester of his freshman year, Shuman played quarterback for Georgia Southern's football team.

Out of high school, according to 247, he was listed as a 2-star dual threat quarterback, having one offer from Georgia Southern.

Shuman was a two-star dual threat QB from Valdosta High School.

He saw action in four games as an Eagle, including one start, that ended in him completing 34 of 72 passes for 357 total yards and a

touchdown. His best game was his start against Louisiana.

He completed 21 of 36 passes for 228 yards and his only career touchdown, which was thrown late in the first half to bring the game to within one point. In this game, Shuman led the team in both passing and rushing yards, finishing with a total of 251 yards.

Despite his success, Shuman decided not to return the following season to concentrate on baseball.

"I saw some potential being able to play the next level and went a different direction with the football team as far as offensive scheme wise and I just felt that it was the best decision to stick with baseball," Shuman said.

Baseball career

After playing football, Shuman starred for the Georgia Southern

baseball team.

There, he posted an 8-0 record over 14 games, 9 starts, and 56.2 innings. He held batters to a .251 average and struck out 49.

For his efforts, he earned the title of Freshman All-American, given out annually by Collegiate Baseball News. He pitched 2 clutch innings in

the tightly contested Sun Belt Tournament first round matchup against interestingly enough- Louisiana, earning the win in a one-hit, two-strikeout performance.

Shuman started his baseball career young. He comes from an athletic family, with his father a former collegiate baseball player, his brother a current professional player, and his sister a former collegiate softball player.

Shuman started in tee ball, where he progressed to coach pitch, then travel ball, middle school and then high school. He excelled in high school, playing at

Valdosta High School, where he threw a no-hitter while posting a 1.53 ERA and a 5.33 strikeout to walk ratio defensively and .313 batting average offensively.

His overall performance rewarded him with region 1-6A Pitcher of the Year to go along with first-team all-region honors as an infielder.

While in high school, Shuman had what he describes as his most meaningful career moment.

"My senior year, we were in

could get some runs, scratch off some runs each inning, but not doing too much, letting the team do most of the work, that's what they're here for. To field, hit and score runs," Shuman said.

Most great baseball players have inspirations, and Seth's happens to be his brother, Scott, who is a former collegiate pitcher at Auburn and a current professional pitcher in Australia.

After being drafted by the Tampa Bay Rays in the 19th round of the 2009 MLB Draft, Scott played minor league baseball until 2013, reaching double-A, and played independent and now plays overseas.

Shuman indicated that he would like to follow his brother's footsteps, continuing to play after college, and over anything else, admires his brother for the toughness and drive that is instilled in him.

"He's still playing as long as he can, he's gone through some injuries but he's overcome those, and I look up to him for being able to overcome those injuries," Shuman said.



© DAVE SUNDIN

Shuman was a two-star dual threat QB from Valdosta High School.

the playoffs, against one of our teammates actually, he played against us that game. We were down by 2 runs with two outs and I hit a grand slam to take the lead so that was pretty cool and we won the game," Shuman said.

Shuman first considered playing baseball for the Eagles when he talked to Coach B.J. Green, the team's pitching coach, before starting his senior season. He describes Green as "liking what he saw", so now, he's here.

During the season, Shuman was dominant, but he contributes most of his success to his teammates. He humbly credits most of his success to his teammates, where all he had to do was lock in, throw strikes consistently, and simply, play his game.

"I had a pretty solid defense behind me all year and we kept the game close so that our offense

With the season not even having started for the sophomore, he is still putting in hard work every day. The big thing he is doing in the offseason is working on his mechanics and hitting the weight room.

With this combination, he looks to last longer in a game and add more velocity on his fastball so that hitters will have to be quicker when facing him, taking some of the pressure off of his defense.

He will be an integral part of the Georgia Southern team that finished 38-21 last year, one win away from the regional portion of the College World Series. With all of his hard work put in during the offseason and his success from his freshman year, look out for Seth Shuman this year, as he will be looking to do big things for the Eagle nation.

STEM Night

Tuesday, February 6, 2018, 5-8 p.m.  
Nessmith-Lane Center, Statesboro Campus

\*Professional Dress Required

STEM

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- 53 Landed estates
- 56 Astonish
- 58 Greenland sight
- 61 Put to rest
- 63 Send to the canvas
- 65 “Silas Marner” novelist
- 67 Geologic periods

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69 Social stratum

70 Overfill

71 Lymph bump

72 Cornered

73 Common flag symbol
- 8 Peruvian beast

9 City near Düsseldorf

10 Hot temper

11 Heavenly

12 The “O” in S.R.O.

13 It smells

21 Stage signal

23 Brown ermine

26 Slowpoke

28 Where Switz. is

30 Suffix with serpent

31 Mushroom

33 Sicilian resort

34 Bandicoot

35 Farrier’s tool

36 Didn’t follow orders

38 Recurring theme
- 39 More, in Madrid

40 Rice dish

41 Sci-fi killer

44 Make public

46 Eternal

49 Actress Vardalos

51 Boot out

52 Kind of panel

54 Parade feature

55 Seasonal visitor

56 Related

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62 North Sea feeder

64 Horatian work

66 Rocker Nugent

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